



Run For Fun Obstacle Course

April 29th, 2017

Healthy Kids Day is the Y's National initiative to improve the health and well-being of families and to help them get a jump on creating a healthier summer!

At this year's event we are adding a twist to the typical fun run. Our Y is going to be putting on **The Y Run For Fun Obstacle Course**. Kids will run, jump and crawl their way through a fun obstacle course and learn about some great ways to create a healthy summer!



Obstacle Course Registration:
Pre-register online at ymcatricities.org or in office. Be one of the first 100 registered and receive a free shirt.

Day of Registration begins at 8:15am
(shirt not guaranteed on day of registration)

Cost:
Free

Ages:
3 and up
(kids will be grouped in heats based on age)

Healthy Kids Day Fair 8:30 – 11
Join us at our **FREE** Healthy Kids Day Fair to learn about fun and healthy activities you and your kids can participate in throughout our community and our YMCA this summer!

Time:

8:30 am– First heat will begin.
Heats will start every 15 minutes
(last heat will start at 10:45).

You will be notified of your heat prior to April 29th





Run For Fun Obstacle Course APRIL 29th

Registration	March 1-April 16th In office or On-line
Day Of Registration	April 29th @ 8:15 Shirt not guaranteed
Ages	3 and up
Date	Saturday, April 29th
Where	TBD
Event Start Time	8:30am heat times will vary
Fee	FREE

* First 100 participants registered receive a free shirt so register early!

Parent/Guardian _____

Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Child Participants:

1 Name _____ Birthdate _____ Age _____ M F
 Youth X Small Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large

2 Name _____ Birthdate _____ Age _____ M F
 Youth X Small Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large

3 Name _____ Birthdate _____ Age _____ M F
 Youth X Small Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large

4 Name _____ Birthdate _____ Age _____ M F
 Youth X Small Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large

Participation/Liability Release: I attest and verify that my physical condition and fitness permit me and my family members to participate in YMCA activities and that no physicians or other qualified individual has advised me or my family members against participating. I am the parent or guardian of the participant. I give my permission for my child to participate in YMCA activities. I understand that even when every reasonable precaution is taken, an accident can and will sometimes happen. Therefore, in exchange for the YMCA allowing me and/or my child to participate in YMCA activities, I understand and expressly acknowledge that I release, indemnify, and hold harmless the YMCA and its staff, boards, members, volunteers or guests from all liability for any injury, loss or damage connected in any way whatsoever to me or my child's participation in YMCA activities on or off YMCA premises. I understand that this release includes any claims based on negligence, action, or inaction of the YMCA, its staff, boards, volunteers, directors, members or guests. I hereby acknowledge that I have sole responsibility for and assume complete risk of loss and damage to my personal possessions and athletic equipment during YMCA activities.

Insurance: It is the responsibility of every individual, their parent/legal guardian, to provide for their own accident and health coverage while participating in YMCA activities. The YMCA of the Greater Tri-Cities does not provide any accident or health coverage for its participants.

Permission: I give the YMCA permission to use photographs, film footage or tape recordings that may include my child's image or voice for purposes of promoting or interpreting YMCA programs without limitation, compensation or obligation.

I have read and fully comprehend this form and I am voluntarily signing this authorization and liability release form.

Parent/Legal Guardian Signature

Date

ADDITIONAL SHIRT SIZES FOR PURCHASE

First 200 Children will receive a free shirt. You may pre-purchase extra shirts for you and your family for \$8 ea.

Youth X SmallTotal _____ Adult Small.....Total _____
 Youth SmallTotal _____ Adult Medium.....Total _____
 Youth Medium.....Total _____ Adult Large.....Total _____
 Youth LargeTotal _____ Other..... Total _____ **Total (\$8ea.).....**